

PREFACE

Today's university and college students know more than previous generations about their health, but understanding health issues also requires more critical analysis than ever before because of the constant flow of information issued from a growing variety of media sources. Students now make decisions about their health on a daily basis, and *Health: The Basics* is designed to help them use this information in the pursuit of positive health outcomes.

In setting out to revise the Fifth Canadian Edition, we listened to the comments and concerns of Canadian personal health educators and learned that we share the following goals for a personal health text:

- To prepare students to lead healthy lives, now and in the future by providing knowledge, tools and strategies to make responsible health decisions, and to effect positive attitude and behaviour changes.
- To include “high-interest” topics not always included in health texts, such as multicultural and sex-specific perspectives on health.
- To include current Canadian research, materials and statistics.
- To recognize that students learn in many ways and require strong pedagogical elements to help them synthesize information and build healthy attitudes and behaviours.
- To include practical, real-life applications that encourage students to think critically and apply the material to their own lives.

New to the Fifth Canadian Edition

The new edition of *Health: The Basics* introduces MyHealthLab, Pearson Canada's online platform which connects students to

- self-assessments,
- critical thinking exercises,
- cases studies,
- links to health on the net, and
- the Pearson eText.

This new edition also includes the following:

- **MySearchLab Exercises** make use of peer-reviewed articles on health and wellness to provide students

with an opportunity to broaden the scope of their knowledge of health issues directly affecting them.

- **Try It Now!** sections encourage students to take action regarding specific health issues.
- An overhaul of **physical fitness testing** in Chapter 4.
- The inclusion of **Canada's newest Food Guide** in Chapter 5, along with the rationale for changes made and recommendations given.
- The reorganization of Chapter 6 to present a lifelong approach to **managing weight**.
- The **Personal Fitness, Nutrition, and Managing Your Weight** chapters have been updated and reorganized to reflect the critical link among the three topics.
- Coverage of **diabetes** has been added to Chapter 12.
- The sequence of chapters has been changed to improve the organization of ideas and complement instructors' use.

As in previous editions, this Fifth Canadian Edition covers revisions made to update research and statistics, and to report on new developments in the field of health and wellness in Canada.

Inside the Book

- Beginning with the introduction of the **DECIDE model for decision making**, **Prochaska and DiClemente's Stages of Change model**, and **SuPeR SMART goal setting** in Chapter 1, decision making through critical thinking is a cornerstone of every chapter, including **Consider This . . .** scenarios and reflective questions, **What Do You Think?** boxed features throughout the chapter, and **Taking Charge** sections at the end of each chapter.
- The **Personal Fitness, Nutrition, and Managing Your Weight** chapters have been updated and reorganized to reflect the critical link among the three topics. Included in these chapters is the Canadian Society of Exercise Physiology–approved process for physical fitness testing, Canada's newest recommendations for healthy eating via “Eating Well with Canada's Food

Guide,” and a lifetime approach to maintaining a healthy body weight.

- Coverage of **heart disease, type 2 diabetes, and cancer** emphasizes prevention and treatment of the major killers in Canada. The section on type 2 diabetes is new to this edition.
- **Coverage of sex issues** in health is integrated throughout the text. Topics include sex bias in mental health treatment, women and heart disease, and how sex and gender roles may affect stress, stress management, and a person’s ultimate health status.
- The book highlights **the role of the community** and how to improve a community’s health. Community coverage appears throughout the text and in special community-focused “Checklists for Change” within the Taking Charge boxes.
- **Prevention** is emphasized in the context of making healthy lifestyle choices and changing not-so-good health attitudes and behaviours. For example, the text covers how early intervention allows more options, how prevention eases the burden on the health-care system, and how prevention can positively influence the quality and quantity of life.
- A **pedagogic framework** that stresses building health skills is integrated consistently throughout the text. Students will learn specific applications through the colourful Rate Yourself, Skills for Behaviour Change, Building Communication Skills, and Taking Charge boxes.

Healthy Decisions, Healthy Lives

Health: The Basics includes the following special feature boxes designed to help build health behaviour skills and to encourage students to think about and apply the concepts:

Rate Yourself (self-assessment) boxes give students the chance to evaluate their behaviours and determine ways to improve their lifestyle and ultimately their health.

Skills for Behaviour Change boxes suggest specific skills that students can develop and use in improving their lifestyle behaviours related to health and wellness.

Taking Charge sections encourage students to apply the chapter material to their own lives. This feature includes the following sections: “Making Decisions for You,” which outlines steps and strategies for making and implementing health decisions; “Checklist for Change,” which outlines specific actions to be taken to change unhealthy behaviours, on a personal and a community level; and “Critical Thinking,” which

presents a hypothetical situation in which students must make a decision (we encourage the use of the DECIDE model to make this decision).

Spiritual and Emotional Health boxes introduce stories, practices, and techniques that will help students to understand, build, and strengthen their spiritual and emotional health.

Building Communication Skills boxes emphasize using communication as a tool to better health. These boxes provide practical suggestions for improving communication, interpersonal relationships, and social interactions, essential components of good health.

Focus on Canada boxes highlight health issues specifically related to Canadians.

Health in the Media boxes focus students’ attention on issues of the day and raise their awareness of how these issues relate to each of them individually.

Additional Features

In addition to these boxes, *Health: The Basics* continues to improve upon the pedagogical features you’ve come to expect.

Learning Objectives: Each chapter begins with four or five learning objectives to emphasize important topics.

Consider This . . . Chapter-Opening Scenarios: These scenarios present practical, life-like scenarios that can be used to prompt stimulating discussions to introduce concepts presented in each chapter. End-of-chapter Application Exercises initiate further discussion of the topic after the information has been presented.

What Do You Think? Reflective Questions: These questions appear throughout each chapter to encourage students to think critically about the concepts presented and how they relate to them.

Try It Now! Feature (NEW): Specific suggestions made in each chapter encourage students to take action to improve their health and wellness.


MySearchLab Exercises (NEW): These exercises are linked to an online, peer-reviewed database. Students find an online resource and then respond to a series of questions or tasks based upon a specific article or topic.


Discussion Questions: These questions encourage critical thinking of important concepts presented from a variety of angles.


Application Exercises: These exercises are linked to the chapter-opening scenarios and expand discussion and critical reflection.


Running Glossary of Key Terms: Key terms are boldfaced in the text and defined in boxes on the page where they first appear.


MyHealthLab


MyHealthLab [] reaches beyond the covers of the text to provide additional material which will help students reach their goals for the course along with their goals for health and well-being. Some of the material includes self-assessments, chapter quizzes, videos, and animations, as well as links to health on the net and Pearson's eText.

When you see this icon [] placed next to a heading, you'll know a related self-assessment can be found on MyHealthLab.

This icon [] placed next to a heading indicates that a related case study exercise can be found on MyHealthLab.

When you see this icon [] next to a heading, you'll know a related critical thinking exercise can be found on MyHealthLab.

This banner acts as a reminder that the self-assessment can be completed on MyHealthLab, as well as any one of the many other self-assessments students will find there which are designed to help them assess their health. []

MySearchLab [] provides students with peer-reviewed articles on health and wellness, broadening the scope of their knowledge of health issues which directly affect them.

Supplements

Available with *Health: The Basics, Fifth Canadian Edition* is a comprehensive set of ancillary material designed to facilitate classroom preparation and enhance student learning.

Instructor Resource CD-ROM (ISBN 0-321-60982-4): The Instructor's Resource CD-ROM (IRCD) contains everything you need for efficient course preparation. All the supplements on the IRCD have been revised to reflect changes made to the Canadian edition. The Instructor's CD-ROM contains the following four supplements:

- **Instructor's Manual:** This comprehensive manual, filled with material to enhance the course, includes the following: what's new in this edition, chapter objectives, detailed chapter outlines, discussion questions, student activities including individual, community, and diverse population/non-traditional categories, solutions to the MySearchLab questions, additional references for further information, and a list of applicable media resources for classroom presentation.
- **Test Generator:** The Test Generator is composed of more than 1400 questions made up of multiple-

choice, true/false, fill-in-the-blank, matching, and essay formats. Each question is rated for difficulty level and for skill type as factual, applied, or conceptual. Answers and page references to the text are also provided with each question as feedback. TestGen test-generating software allows instructors to custom design, save, and generate classroom tests. The test program permits instructors to edit, add, or delete questions from test banks; edit existing graphics and create new graphics; analyze test results; and organize a database of tests and student results. This new software allows for greater flexibility and ease of use.

- **PowerPoint Slides:** The PowerPoint Lecture Slides provide instructors with notes to supplement their in-class lectures. More than 400 PowerPoint presentation slides provide an indispensable teaching tool for instructors.
- **Image Library:** Almost all of the figures and tables from the text are available to instructors in the Image Library. Instructors can download these images to include in their own classroom presentations.

CBC Videos (DVD—ISBN 0-321-60981-6 and VHS—ISBN 0-321-62154-9): Current information from such CBC series as *The National* and *Marketplace* complement the text and enhance learning by bringing to life practical applications and issues. With the latest news and information on health, these videotapes provide an excellent vehicle for launching lectures, showing additional examples, and sparking classroom discussion.

CourseSmart goes beyond traditional expectations—providing instant, online access to the textbooks and course materials you need at a lower cost for students. And even as students save money, you can save time and hassle with a digital eTextbook that allows you to search for the most relevant content at the very moment you need it. Whether it's evaluating textbooks or creating lecture notes to help students with difficult concepts, CourseSmart can make life a little easier. See how when you visit www.coursesmart.com/instructors.

Visit the Instructor Support page of the Pearson Education Canada website (<http://vig.pearsoned.ca>): The CBC videos are also available for viewing to both students and instructors on Pearson Education Canada's Video Central website.

Available to instructors only, the Instructor's Manual, PowerPoint Slides, and Test Generator are available for download from a password-protected site on the Pearson Education Online Catalogue. Follow the online instructions to create a password and download the available supplements.

MyHealthLab (www.pearsoned.ca/myhealthlab). This new online resource provides students with access to a wide range of resources that make studying convenient and fun. The addition of MyHealthLab includes “Getting Fit” and “Making the Grade” self-assessments, an interactive eText, CBC videos, critical thinking questions, case studies, and chapter quizzes, as well as links to MySearchLab exercises.

Also Available—Student Supplements

CourseSmart goes beyond traditional expectations—providing instant, online access to the textbooks and course materials you need at an average savings of 50%. With instant access from any computer and the ability to search your text, you’ll find the content you need quickly, no matter where you are. And with online tools like highlighting and note-taking, you can save time and study efficiently. See all the benefits at www.coursesmart.com/students.

Take Charge of Your Health! Worksheets: This pad of 50 self-assessment activities allows students to further explore their health behaviours and make steps towards positive change.

Behaviour Change Log Book and Wellness Journal: This assessment tool helps students track daily exercise and nutritional intake and create a long-term nutrition and fitness prescription plan. It also includes a Behaviour Change Contract and topics for journal-based activities.

Live Right! Beating Stress in College and Beyond: This book gives students useful tips for coping with stressful life challenges both during college and for the rest of their lives. Topics include sleep, managing finances, time management, coping with academic pressure, and relationships. This supplement also presents an objective overview of some of the health-oriented products on the market.

Eat Right! Healthy Eating in College and Beyond: This handy, full-colour 80-page booklet provides

students with practical guidelines, tips, shopper’s guides, and recipes that turn healthy eating principles into blueprints for action. Topics include healthy eating in the cafeteria, dorm room, and fast-food restaurants; planning meals on a budget; weight management; vegetarian alternatives; and effects of alcohol on health.

MyDietAnalysis: Powered by ESHA Research, Inc., MyDietAnalysis features a database of nearly 20 000 foods and multiple reports. This easy-to-use program allows students to track their diet and activity for up to three profiles and to generate and submit reports electronically.

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